

## Saving Money in the Home Little Tricks For Women in Household Economics

By ELIZABETH LATTIMER.

HOW much time and thought do you put on your children's lunch basket? "Children have such appetites that they will eat anything," is a remark often heard. They may have good appetites now, but if school children are allowed to eat the wrong things, the time may come when they can't eat the right things.

Growing children have certain special needs in the way of foods. Like grown people, they must be supplied with that which is necessary for health and strength, but, unlike them, they should be given also that which is necessary for development.

Even one hot dish obtainable at school at noon makes the lunch more appetizing, and many schools are now providing it. When a child must carry lunch and cannot obtain at school a hot dish, the task of filling the box or basket demands great care to make sure that it is appetizing, nourishing and sustaining.

One of the best investments to make for a child who carries his lunch to a school that does not serve a hot lunch is a bottle which will keep liquids hot or cold for some time. Cocoa, or soup piping hot on a cold day, will make a feast out of an otherwise uninteresting lunch.

### Five Groups Of Food Needed.

In general, the school lunch, like the child's diet as a whole, should contain representatives of five food groups. In it should be found foods rich in protein, such as milk, cheese, meats, fish, dried beans, peas, peanuts and other nuts; cereal or starchy foods, such as bread, cereal, macaroni, rice and potatoes; fatty foods, such as butter, cream, salad oils and bacon; vegetables and fruits, but such as cereals and dried beans are not put under this classification; simple sweets, including

### \$1 PAID FOR EACH DOLLAR SAVED

#### How I Saved a Dollar.

Here is a chance for every one to earn a dollar by telling how she has saved a dollar. It may be a dollar or more. It may have been saved in a day or a week. However, all that matters is HOW it was saved.

\$1 saved and \$1 earned by the telling of the saving makes \$2. How about it? Be brief and write only on one side of paper.

I will award a prize of \$1 each day for one of the suggestions which I print.

ELIZABETH LATTIMER.

P. S.—If you want a prize, you must be willing to have your name and address used, because that is only fair to other contestants, who have a right to know that each day's prize winner is an actual person. However, I am delighted to have all sorts of ideas sent in which, if not given a prize, will help the other readers.

If your first letter doesn't get a prize, try again. Even if it does, that is no bar to your getting another if your idea is worth it.

E. L.

cakes and cookies that contain little fat; cane sugar, plain candies, maple sugar, sweet chocolate, jellies, preserved fruit, jams, marmalades, honey, molasses, syrups, and dried figs, dates and other dried fruits.

#### Some Suggested Basket Lunches.

Here are some recommended combinations:

Sandwiches with sliced, tender meat for filling; baked apple, cookies, or a few lumps of sugar.

Slices of meat loaf or bean loaf; bread and butter sandwiches; stewed fruit; small frosted cake.

Crisp rolls, hollowed out and filled with chopped meat or fish, moistened and seasoned, or mixed with salad dressing; orange, apple, a mixture of sliced fruits or berries; cake.

Lettuce or celery sandwiches; cup custard; jelly sandwich; fruit.

Cottage cheese and chopped green-pepper sandwiches, or a pot of cream cheese with bread and butter sandwiches; peanut sandwiches; fruit; cake.

Hard-boiled eggs; crisp baking powder biscuits; celery or radishes; brown sugar or maple sugar sandwiches.

Bottle of milk; thin cornbread and butter; dates; apple.

Raisin or nut bread with butter; cheese; orange; maple sugar.

Baked bean and lettuce sandwiches; apple sauce; sweet chocolate.

Nearly everyone knows the necessity of dainty wrapping and packing for an appetizing lunch is to be the result. A container that can be sealed, plenty of paraffin paper, a jelly cup with a cover, and bottles with screw tops all assist in the making of a dainty lunch.

Yet today, of all times, every woman should make proper effort to care for the food that comes to the home. Some one has worked hard to earn that food and a high price has been paid to obtain it. Just how should it be cared for?

No food should be kept in paper packages, paper boxes or sacks. Tightly closed glass jars make excellent containers. These are insect and moisture proof. Label each distinctly.

Dried fruits should be sealed when they come into the home, scrubbed thoroughly, dried and put away clean.

Eggs are often purchased at a very high price because of their freshness only to come to the table anything but fresh. The shell of an egg is porous and if the egg is allowed to remain in a warm room it loses some of the shell content by evaporation. When eggs come to the home the shells should be wiped with a damp cloth and the eggs placed in the refrigerator. If no ice is on hand let the eggs stand in a bowl of cold water.

Butter should be placed in a stone crock and covered. This, together with the milk, should be placed in the bottom shelf of the refrigerator that any odors that might arise from other foods will be less likely to permeate them.

If loose milk is purchased it should be stored in well-sealed, cooled covered glass jars or cans. If it is purchased in bottles, the mouth and top of the bottle should be thoroughly washed before being placed in the refrigerator.

Never wrap bread in cloth. Keep it in tin boxes or stone jars, which should be scrubbed out, sealed and aired at least once a week.

Cakes, cookies, doughnuts, etc., should be stored in tin boxes or stone crocks.

Nuts, if purchased shelled, should be sealed, dried thoroughly, wrapped in wax paper and stored in glass jars. Potatoes and other tubers should be stored in a dark place.

Green vegetable should be put into cold water or washed and laid between folds of cloth or paper and put into the refrigerator or in a cool place.

Meat should be removed from the paper as soon as it comes from the shop. Paper absorbs the nutrient from meat and thereby causes waste. Before using it meat should be wiped with a damp cloth. If meat seems in danger of spoiling just seal it in a little hot fat in the frying pan. This will help keep it. Meat cooked or partially cooked keeps longer than raw meat under similar circumstances.

So much for raw foods. Many bits of usable food, however, are wasted in too many homes. No sour milk, for instance, should ever find its way down the sink. Half a cupful of sour milk is easily used in some of the choicest recipes for ginger bread, molasses cookies, etc. Cottage cheese may be used in thick sour milk. Sour milk is used in griddle cakes, waffles and

It is not a mere slave.

These cells give good citizenship service in return for rations and fuel. It is true that they occasionally rebel and produce a cancer, but in the main their service is beyond praise.

Now disease can always be traced to some disturbance of the citizen cells. Such a disturbance is usually initiated by some Bolshevik in the form of an invading germ.

In a general way we may conceive of the cells as fixed and mobile. The fixed cells are a kind of infantry, making an effective stand against enemy germs which happen to get by the white cells, or cavalry. The red cells of the blood manage the paymen-transmission system, carrying this precious element from the lungs to the tissues, and hence belong in the mobile class.

The moment the white cells, or sanitary police of the blood, receive an alarm from certain messenger substances thrown into the blood (hormones) they gallop to the invaded area prepared to destroy the enemy or perish in the attempt.

The police of the blood love to fight. It is their business to look for trouble and to go over the top with gusto when trouble comes.

The sanitary police of the blood also patrol the alimentary canal, preventing poisoning by the products of our own digestive processes.

There is nothing more wonderful than the heroic loyal team work of citizen cells in the interest of the body as a whole. It is biology that furnishes this example of an efficient democracy at work, and we could well afford to take a lesson.

The humblest cell in the body has a distinct individuality and important functions. Only by its surveillance do the higher centers rule. It is not a mere slave.

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The walls were painted creamy yellow. There were a few well-chosen pictures on the wall. And the creamy-yellow cretonne with a wilderness of large red and pink roses and cool green foliage printed upon it hung at the windows and gave cheer even on the dullest days. The chairs were mahogany-finished birch with cane bottoms. But the tables of various woods, I was told, were done over to look like mahogany, but were always covered by table cloth.

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## Treasures of Old Romance

DRAWN BY  
C. D. BATCHELOR

## Borders at a Profit

By Loretto C. Lynch.

An Authority on All Matters Relating to Household Problems.

A BUSINESS woman in the city of New York met me the other day with a countenance beaming with ecstasy and said: "Well, at last—I've gotten into Mrs. Benson's boarding house. You know my name was on her list one year, and when she notified me that I might come I just jumped with joy."

I was interested immediately. She was not the first person who had talked delightedly of Mrs. Benson's. And I decided that I would find out why it was that Mrs. Benson had a waiting list while many boarding house keepers were scarcely making expenses. And so I accepted my friend's invitation to dine at Mrs. Benson's boarding house that very evening.

Mrs. Benson greeted me in a spotless white uniform—there didn't seem to be a single speck of dirt on her iron-gray hair out of place. She was a Southerner, a lady, indeed, forced by circumstances to leave her home in the South and seek a living in the metropolis. She had a large brownstone house in a very desirable location. There were ten sleeping rooms, delightfully furnished, and she served fifty people at dinner each evening.

The ten sleeping-rooms accommodated sixteen. These she had for breakfast as well as dinner. The number who took luncheon at her place each day averaged about fifty. The boarding house, which was a very attractive one, but a particularly attractive one that charged a fair price and catered to folks who appreciated "perfect"—yes, meant "perfect" cooking in as much as any human performance may be perfect.

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## The Care of Food

By Loretto C. Lynch.

An Authority on All Matters Pertaining to the House.

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Yet today, of all times, every woman should make proper effort to care for the food that comes to the home. Some one has worked hard to earn that food and a high price has been paid to obtain it. Just how should it be cared for?

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